



After Your Interscalene Block

You will be discharged from the recovery room when:

1. Your ability to move has returned to at least 50 percent of what it was before the block.
2. You can breathe on your own.
3. You are not dizzy.
4. You have no shortness of breath.
5. You have no swelling or bruising on your neck.
6. Your vital signs are within normal limits.

If you have trouble moving or have reduced sensation in your arm, we will put it in a sling to protect it from injury.

Special Instructions

1. Be careful with your arm. Avoid getting close to hot surfaces or sharp objects. You may have trouble sensing where your arm is.
2. Do not drive for at least 12 hours.
3. Contact your doctor if you have:
 - persistent new neurological problems that last more than 12 hours (weakness or numbness in your upper arm).
 - persistent “pins and needles” (paresthesia) lasting longer than 12 hours
 - bleeding from your neck
 - shortness of breath
 - new swelling in your neck

Go the emergency room if you have:

- persistent, severe bleeding in your neck
- new onset of shortness of breath
- new onset of stridor (harsh, creaking sound when you breathe)
- severe swelling in your neck

Other Instructions:

Contacts (Reach the staff members below through the NIH page operator at **301-496-1211**.)

Your Doctor:



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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? OCCC@cc.nih.gov

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